



Discover your Raleigh Parks and Recreation Department

Preschool

Preschool Fitness

Age 4Y - 5Y

Cost: \$10.00/ Per Session

This program teaches preschoolers the importance of physical fitness through games and recreation activities. Learn hand-to-eye, hand-to-foot coordination; follow instructions, numbers, colors and alphabets.

Please register two weeks in advance.

#109792 May 7- May 28 Sat 9:30am -11am

#109793 Aug 6-Aug 28 Sat 9:30am-11am

Youth

Basketball Improvement Clinic

Age 9Y – 12Y

Cost: \$20/Per Participant

A skills camp that teaches the fundamentals of basketball. The clinic focuses on dribbling, passing, free throw shooting, rebounding and shot selection. Players will build confidence, learn teamwork and sportsmanship.

#123766 June 2-Jun 9, Sat 9:30am-11am

Community Afterschool Programs

Age 5Y-12Y

Cost Free

The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts & crafts. For registration information contact Roberts Park community center.

#109245 Aug 2012 – Dec 2012, Mon-Fri 3pm-6pm

RALEIGH PARKS AND RECREATION

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Youth cont.

Just Say No

Age 8Y-15Y

Cost Free

A former president's wife made the phrase popular. She told you to say 'no' however, she neglected to give you the necessary skills to say no and mean it. This class teaches preteens and teens how to utilize various techniques to improve self esteem, develop self help skills, utilize refusal skills, handle peer pressure and confront daily challenges.

#123795 Aug 11 Sat 10:30am-11:30am

Kids and Wealth

Age 9Y-14Y

Cost: \$10.00

A class designed to help youngsters learn about money. Learn how to earn, save, budget and begin a business. It's never too soon to learn how to let your money work for you. You just may learn how to become wealthy at a young age.

#123788 Aug 11 Sat 12:30pm-1:30pm

Morals and Manners

Age 7Y-15Y

Cost: Free

This program focuses on helping youth deal with peer pressure and daily challenges. Learn to utilize refusal skills and deal with peer pressure. Experience how morals and manners meet to help you make good decisions.

#130196 May 20 Sat 6pm-8:30pm

#130197 June 17 Sat 6pm-8:30pm

#130198 July 15 Sat 6pm-8:30pm

#130199 Aug 19 Sat 6pm-8:30pm

Young Bosses

Age 9Y-15Y

Cost: \$3.00

This class teaches youth how to earn, save and budget. In addition it teaches youth how to become entrepreneurs. Youth will learn that a business can be home-based, provide supplemental income or it can generate enough income to be self-employed. Be prepared if the jobs that America lost never return. Class meets the 1st and 3rd Saturdays of the month.

#126723 May 5 Sat 9:30-10:30

Lights, Camera, and Popcorn

Age 6Y-8Y

Cost: Free

Yes, you can. Parents, drop the kids off and have some free time. Your kids will enjoy a great movie, refreshments and peers. We provide supervision. Your kids will be in a safe, clean and fun environment.

#123815 May 18 Fri 6pm-8:30pm

#123816 July 20 Fri 6pm-8:30pm

#123817 Aug 24 Fri 6pm-8:30pm

Summer Hoops

Age 12Y-13Y

Cost: \$25.00

A basketball League for 12 - 13 year old boys. This is an excellent opportunity to improve skills, develop sportsmanship and participate in a safe, friendly and competitive environment. Players may not turn 14 prior to August 30, 2012.

#109671 Games Days are Mon and Thurs

11 and Under Basketball

Age 9Y-11Y

Cost: \$25.00

11 and under basketball league. May not turn 12 prior to August 31, 2012

#131271 Game Days are Sat

Youth 3 on 3

Age 10Y-12Y

Cost: \$15.00

It's not traditional but it is as much fun, if you don't have a problem playing the game with two teammates. The game is played the same as traditional basketball. Games are played half court and officiated by the players. Tournament games officiated by officials. Teams may have a minimum of three players and a maximum of four. Don't bounce the idea until you have tried it. League will begin in August

#124156 Games played on Saturday Mornings

Teens**Dress for Success**

Age 12Y-17Y

Cost: Free

Nutritionists say we are what we eat. Did you know that people form opinions about you according to the way you dress? Dress for success teaches appropriate attire and the psychological effects of clothing choices. Learn how to look good and develop a positive attitude about yourself. Wear your potential.....dress for success!!!!

#110241 Aug 27 Sat 10:30am-12pm

Teen Weight Training

Age: 12Y-16Y

Cost: \$10

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available at Roberts Park and get into shape. The fitness rooms will be open during normal center operating hours.

#124172 Jun 11- Aug 9 Mon Wed Thurs 6pm-8pm

Adult**Five Ingredients for Success**

Age 18Y-Adult

Cost: \$5.00

For anyone looking to become successful in any endeavor of their lives there are five essential ingredients. This fact is plain and simple. Success must first be planned out otherwise your progress will be severely hindered leading to frustration and eventually failure.

#124174 Aug 25 Sat 10:30-11:30

How to Start Your Own Business

Age 18Y-Adult

Cost: \$5.00

Being your own boss can be exhilarating and scary at the same time. You have no one to blame when things go wrong and only yourself to thank when things go right. Your business may be small and home-based, providing supplemental income or it can generate enough income to support your family. This presentation looks at ways to start your own business.

#124162 Aug 25 Sat 11:30-12:30

Peter Versus Paul

Age 18Y-Adult

Cost: \$10.00

Do you find yourself having to rob Peter to pay Paul? If you continue to rob from one to pay the other you will never get out of debt. The government is not the only entity that has to make tough decisions. Budgeting should begin at home. This class is an introduction to earning, budgeting, saving and investing. Learn how to begin a business. It's time for financial freedom.

#125345 Aug 18 Sat 1:30-2:30

Roberts Park Fitness Center

Age 18Y-Adult

Cost: \$10/per month

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available at Roberts Park and get into shape. The fitness rooms will be open during normal center operating hours.

Participants must be 18 years of age or older.

#126723 May 1-May 31 Mon-Sun

#126724 Jun 1-Jun 30 Mon-Sun

#126725 Jul 1-Jul 31 Mon-Sun

#126726 Aug 1-Aug 30 Mon-Sun

Feet Meet Sneeks

Age 40Y and Up

Cost : Free

A walking program. Your feet will be happy to contribute to your improved health. An inexpensive exercise program that provides both therapeutic and social benefits. One foot in front of the other and you are on your way to a healthier and happier life.

#123784 May 10- May 31 Thurs 10:30am-11:30am

#123785 Aug 2- Aug 30 Thurs 10:30am-11:30am

Senior Citizens Club

Age 55Y and up

Cost:Free

A social club for persons 55 and older. Activities include trips, educational and physical activities, banquets, movies, music, guest speakers, special events and more. An excellent way to make new friends and fulfill the need to belong.

#110607 May 3-May 31 Tue 10:30am-12pm

Volleyball- Coed "BB"

Age 18Y- 65Y

Cost: \$250.00/Per Team

A Coed 'BB' Volleyball League. A high level of competition. If you enjoy team work, setting, spiking and blocking this may be the sport for you.

#110104 Apr 26- Jul 5 Games played Tues at 6:30pm

Seniors Bingo

Age 55 and up

Cost: \$1 for 3 cards

Spell B-I-N-G-O horizontally, vertically or diagonally and other ways sometimes. Win great prizes. Must be 55 to hollar Bingo. You can't win if you don't play. Refreshments provided.

#109862 May 15 Tue 12pm-1pm

#109863 June 19 Tue 12pm-1pm

#109864 July 17 Tue 12pm-1pm

#109865 Aug 21 Tue 12pm-1pm

Senior Weight Training

Age 55 and up

Cost: \$5/Per Month

A program designed to help persons 55 and older get into shape and tone those hidden muscles. Participants will feel better and meet new friends. Be prepared to receive many compliments on your new appearance.

#124168 May 3-May 24 Tue 1pm-2pm

#1124169 Jun 7-Jul 5 24 Tue 1pm-2pm

#124170 Jul 5-Jul 26 Tue 1pm-2pm

#124171 Aug 2-Aug 30 Tue 1pm-2pm

Family

Mixed Martial Arts

Age 5Y-70Y

Cost: \$30.00

A combination of Tae Kwon Do, Shotokan, Wing-Chun Fu and American Kick Boxing. Martial Arts works on character development and the building of confidence. Students will improve mental and physical health while learning self defense. We are promoting family involvement. Pay for two family members and the 3rd member is complimentary. Don't forget a family that kicks together stays together.

#123799 May 1- May 31 Tuesdays 6:30-8 and Saturdays 12-1:130

#123800 June 1- June 30 Tuesdays 6:30-8 and Saturdays 12-1:130

#123801 July 1- July 30 Tuesdays 6:30-8 and Saturdays 12-1:130

#123802 Aug 1- Aug 31 Tuesdays 6:30-8 and Saturdays 12-1:130